

KETCHIKAN PARKS & RECREATION

SPRING
2026

A C T I V I T Y G U I D E



Spring Registration Date

February 20, 2026

Online and In-Person
registration starts 6 AM

Visit us online at www.kgbak.us/Parks-Recreation and
click "Register Online" or go to
<http://ketchikan.recdesk.com/community> (no www.)

If you have questions please feel free to give us a call.
We do not accept phone, fax, or early registration.
Fees for activities must be paid at the time of registration.



Address: 601 Schoenbar Rd Ketchikan, AK 99901
Phone: 907-228-6650
Fax: 907-247-3394
Email: parksandrec@kgbak.us

HOURS

Monday-Friday 6:00 AM-9:00 PM

Saturday 7:00 AM-7:00 PM

Sunday 11:00 AM-6:00 PM

*Aquatic Center closes

@ 4:30 PM Sat & Sun

@ 8:00 PM Mon-Fri

CLOSURES

April 5th - Easter Day - Both - All Day

May 25th - Memorial Day - Both - All Day

CONNECT

 Facebook @Ketchikan Parks and Recreation

 Instagram @ketchikan_parksandrec

PROGRAMS CANCELLATIONS AND REFUNDS

If a participant cancels before the activity begins or after the first class, a \$10 non-refundable fee will be deducted from the refund. No refunds will be issued after the second class meets. If the Parks & Recreation Department cancels an activity, a full refund will be issued. Parks & Recreation reserves the right to cancel any activity due to insufficient registration.

REGISTRATION

Online and In-person registration for classes and session 1 swim lessons begins February 20th @ 6 AM on RecDesk.

Visit us online at www.kgbak.us/Parks-Recreation and click "Register Online" or go to

<http://ketchikan.recdesk.com/community> (no www.) or scan the QR to register.

We do not accept phone, fax or early registrations. Fees for activities must be paid at the time of registration.

Swim Lesson Registration:

Session 1 Swim Lesson Registration:

Friday, February 20th @ 6 AM

Session 2 Swim Lesson Registration:

Friday, April 10th @ 6 AM



Camp Registration:

Registration for Spring Break camp will begin on **Monday, March 2nd @ 6 AM** on CampDoc.

Register at camp doc <http://app.campdoc.com/register/ketchikan> or use the CampDoc QR code.

If you have questions please feel free to give us a call.

STAFF

Wendy MillerParks and Recreation Director
Ericka Rud.....Center Supervisor
Eryn Brooks.....Aquatics Supervisor
Kalea Allen.....Recreation Programmer

FACILITIES

Stefan Medford.....Maintenance
Colin Whitesides.....Maintenance
Bobby Bankson.....Custodian

RECREATION

Joanne Ray.....Front Desk Receptionist
Aleksandra Bolshakoff.....Front Desk Receptionist
Hamish Struthers.....GRC Monitor

AQUATICS

Wynter Smith.....Lead Lifeguard
Jeremy Guinn.....Lifeguard
Darin James.....Lifeguard
Alec Lundburg.....Lifeguard
Joseph Olsen.....Lifeguard
Phillip Calapp.....Lifeguard

AMERICANS WITH DISABILITIES ACT

The Ketchikan Gateway Borough, Parks & Recreation Department fully supports the ADA and will take the necessary action to comply with its provisions. If you need special assistance to participate in the programs offered in this brochure, please let us know at the time of registration or contact us at Parks & Recreation @ 907-228-6650 to discuss your needs.

REGISTRATION



RECDESK

REGISTRATION



CAMPDOC

FEES

All Access Day Pass

Youth (<13) - \$5.00

Adult (14-64) - \$10.00

Senior (65+) - \$5.00

Supervised Activities

Rec Swim/Skate/Children's Room - \$5.00



MEMBERSHIPS

10 Punch Passes

Youth (<13) - \$40.00

Adult (14-64) - \$80.00

Senior (65+) - \$40.00

1 Month Membership

Youth (<13) - \$37.50

Adult (14-64) - \$75.00

Senior (65+) - \$37.50

Facility Annual Rate

All Ages - \$200.00

MISC

Accessories

Towels - \$3.00

Swim Diapers - \$3.00

Seasonal Rentals

Various Equipment - \$10.00

Parties

Skate or Pool Party - \$100.00

Parties include 1 hour of skate or swim and 1 hour room time. All parties must be reserved in advance.





ADOPT-A-BASKET

"In memory of Tom & MaryLou Frisen from their friends in Ketchikan." ~2 Baskets

John Shea

"In loving memory of Don and Carol MacMillan."

JoCarol MacMillan

"In memory of Michael Madden and Boyd & Janice Russell."

Dick & Judy Madden

"In memory of Irene, James, Allen & Donald Zink."

Dan & Sharon Zink

"In memory of our departed Pioneer Sisters ~ We shall forget-them-not." ~2 Baskets

Women Pioneers of Alaska, Igloo #7

"In memory of Florence & Joe. From Mary and Gary Daubersmith and kids."

Gary & Mary Daubersmith

"In memory of Judy. From Mary and Gary Daubersmith and kids."

Gary & Mary Daubersmith

"To good friends."

Don Mitchel

"In recognition of our grandma Nettie Jones who won a landmark discrimination case against our school district in 1929 so "ALL" children could attend our schools."

Bill & Joanna Hendricks

"In memory: Robertson Clan Maxine - Al - Ian - Ann - Nancy - Shane - Brian."

A.M. Johnson

"In memory of Dean & Lucy Haws and Elmer & Mary Johnson."

A.M. Johnson

"With happy loving memories of Grandpa & Grandma Zerbetz, who loved flowers."

Michele & Randy Scott

"In remembrance of James, Allen and Donald Zink."

Dan & Sharon Zink

"In memory of Bob & Peg Ellis."

The Mike Ellis Family: Mike, Susan, Mitzi, Mick and Catherine

"In memory of Peter & Roz Ellis."

The Mike Ellis Family: Mike, Susan, Mitzi, Mick and Catherine

"In loving memory of Win and Carolyn Wilsie, who kept Evergreen Avenue in bloom for 47 years - We love you!"

Bray and Wilsie Families

"In memory of Veda & Harold Crow and Molly & Jesus Arteaga."

Charlie & Judy Arteaga

"With appreciation for our veterans and their families - your sacrifice is never forgotten."

Joseph T. Craig #3, The American Legion Aux

"In memory of Flo Stover."

Sourdough Bar Gang

"In memory of Sandra Kubley."

Wally and Don Kubley

"In memory of Dick Axelson, who loved the flowers, especially at the lake."

Nancy C. Axelson

"In loving memory - Carol Dean Johnson."

A.M. Johnson

"Forever in our hearts: Brian Robertson Aug. 24, 1966- Jan. 8, 2026"

A.M. Johnson

"With loving memories of Annabelle & Walter Scott"

Randy & Michele Scott

"In memory of Dorothy MacKenzie ~ with love"

Richard & Margot Miller

"In memory of Anna Marie, Henry, Donnie, Alan and Ross Heikkila."

Janice Walker

"In memory of my brother Jim Cooney"

Scanlon Gallery



-----cut along this line-----
YES, I WOULD LIKE TO SUPPORT THE BEAUTIFICATION OF KETCHIKAN!
___ Check here if you **do not** want to receive a certificate.
___ Check here if you **do not** want to receive a letter from the Mayor.
___ I want to sponsor a basket for one year (\$100). I would like my sponsorship to read:

Sponsor Name: _____

Email: _____

Phone Number: _____

Mailing Address: _____

Please return this form to the Parks and Recreation Department at 601 Schoenbar Road, Ketchikan, AK 99901. Please make checks payable to Ketchikan Gateway Borough (KGB) or use the QR code to register online





POOL AND SAUNA HOURS	
Monday-Friday.....	6:00 AM-8:00 PM
Saturday.....	7:00 AM-4:30 PM
Sunday.....	11:00 AM-4:30 PM

AQUATICS

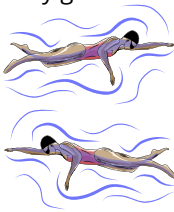
General Information

Facility Access

Our new Facility Access Fees gives you full use of our facilities (excluding supervised activities such as Recreational Swims, Children's Room & Roller Skates, accessories and classes). All Daily, 10-Punch and 1-Month Passes include access to the following activities: Basketball, Pickleball, Soccer, Volleyball, Tot Gym, Children's Room, Lap Swim, Sauna, Weight Room, Cardio Room, Racquetball Courts and Showers. 10-Punch Passes and 1-Month Pass additionally grants access to supervised activities.

Facility Access Fees & Passes

Individual Rates	Daily	10-Punch Pass	1-Month
Adult (14-64 years)	\$10	\$80	\$75
Youth/Senior (13 years & under/65 years & older)	\$5	\$40	\$37.50



Recreation Swim Prices

General Admission (ages 2+)	\$5
Infants (ages 1 & under)	FREE

Accessory Rental Fees

Towels / Swim Diapers	\$3
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Annual Membership

\$200

All ages! Grants full access to daily rates perks and supervised activities for the ultimate gym, pool and play experience! Additional included perks of Annual Membership: use of a shower towel, locker rental (upon Front Desk approval) and 50% off select Parks & Recreation classes.

Lap Swim & Fitness

Offering a variety of water workouts including lap swimming, aqua jogging, treading, and other aquatic fitness activities.

Lanes in the competition pool are open daily for lap swim, though availability may vary depending on other scheduled programs.

WHEN: March 1st-May 31st, 2026 (Closed 4/5 & 5/25)

TIMES: Monday-Friday 6:00 AM-8:00 PM, Saturday 7:00 AM-4:30 PM, Sunday 11:00 AM-4:30 PM

AGES: 14+ years, 10-13 years with a parent / guardian

WHERE: GAC Both Pools (Rec Pool Dependent on Programming)

Senior / Therapy Swim

Welcoming adults 65+ and anyone using the pool for therapeutic purposes. Enjoy gentle movement and relaxation in the recreational pool or take advantage of limited lap lanes in the competition pool for more structured activity.

WHEN: March 2nd-May 29th, 2026 (Closed 5/25)

TIMES: Monday-Friday, 8:00-9:00 AM AND 3:00-4:00 PM

FEE: Drop-in \$5, 10-punch pass \$40, or included with membership

WHERE: GAC Both Pools

AGES: 65+ years or at a therapist / doctor's request

Easter Splash

Grab your swimsuit & towel to join us for a "splashing" good time during the Easter Egg Splash. Assorted plastic Easter Eggs and Easter themed toys will be floating and sinking to the bottom of the pools! Lots of fun and a goodie bag for each participant!

WHEN: Friday, March 27th

TIME: 5:00-5:45 PM, 6:00-6:45 PM or 7:00-7:45 PM

FEE: \$10 per participant

WHERE: GAC Both Pools

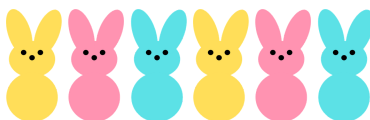
AGES: 0-12 years (Parents **MUST** accompany children under 6 years into the pool)

***Pre-register at Ketchikan.recdesk.com, or the front desk.**

***May register at the event if space is still available.**

Easter Egg Splash Guidelines:

- Limited number of participants per time frame
- Lifeguards will be on duty
- All participants must have a parent/guardian present to participate
- Participants under 6 years of age must have a parent/guardian accompany them into the pool
- No floatation devices allowed during the event
- Don't forget your swim attire & towel!



AQUATICS

Recreation Swims

Splash into the excitement at the Gateway Aquatic Center! There's something for everyone: little ones will love the splash zone play feature with double slide, water cannons, and waterfalls. Older adventurers can take on the 38-foot enclosed drop slide, twist down a 113-foot open slide, leap from 1- & 3-meter diving boards or scale the climbing wall. Come make a splash with the whole family!

Recreation Swim Times

Tuesday

Tiny Waves (Rec Pool) — 12:15-1:15 PM

Wednesday

Home School Rec Swim (Rec Pool) — 12:15-1:15 PM

Thursday

Tiny Waves (Rec Pool) — 12:15-1:15 PM

Friday

Rec Swim (Both Pools) — 6:00-7:30 PM

Saturday & Sunday

Rec Swim (Both Pools) — 1:15-2:45 PM

Rec Swim (Both Pools) — 3:00-4:30 PM

Recreation Swim Notes:

- *No Tiny Waves or Home School Swim during Spring Break 3/16-3/20
- *Added No School Special Swim 3/13 1:15-2:45 PM
- *Added Spring Break Rec Swims 3/16-3/20 1:15-2:45 PM
- *No Rec Swim 3/27 - EASTER SPLASH



Tiny Waves

A playful splash time for little ones! Moms, dads and babysitters bring your children (5 & under) for gentle play, giggles and water fun made just for them.

Children must be accompanied into the pool by an adult.

***** Limit 3 children per adult *****

WHEN: Tuesday & Thursday, March 3rd-May 28th, 2026

(No Tiny Waves 3/17 & 3/19)

TIME: 12:15-1:15 PM

FEE: \$5/person (ages 1 & under - free) ***** Swim Diapers available for purchase**

AGES: 5 & under with Parent/Guardian

WHERE: GAC Recreation Pool



No School Special Rec Swim

Special swim held when the kids are out of school.

Parent / Teachers Conferences

WHEN: Friday, March 13th, 2026

TIME: 1:15-2:45 PM

FEE: \$1/person (ages 1 & under - free)

Spring Break Rec Swims

Looking for fun ways to keep the whole crew entertained during the break? Dive into open swim! Where the water's warm, the vibes are chill, and the family fun never stops!

WHEN: Mon-Fri, March 16th-20th, 2026

TIME: 1:15-2:45 PM

FEE: \$5/person (ages 1 & under - free)

Aquatic Classes

Log Rolling

Log Rolling classes are designed to be a fun, safe introduction to log rolling.

*** LIMITED SPACE AVAILABLE**

*** PRE-REGISTRATIONS REQUIRED**

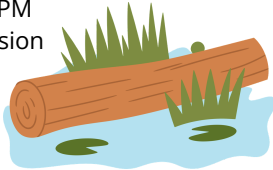
Recommended for students to wear shorts, tee-shirt and clean water shoes.

WHEN: Monday, March 9th-May 18th, 2026

TIME: 4:15-5:00 PM

FEE: \$66 per session

AGES: 5+ years



Super Seals

Super Seals is designed to help prepare your child for the competitive swimming program.

Prerequisites:

*** Must have PASSED level 3 swimming**

*** Able to swim 25 yards each of front crawl & back crawl**

WHEN: Tuesday & Thursday, March 10th-May 21st, 2026

TIME: 4:15-5:00 PM

FEE: \$132 per session

AGES: 5-12 years



Springboard Diving

Springboard diving classes introduce participants to the fundamentals of springboard diving.

*** LIMITED SPACE AVAILABLE**

*** PRE-REGISTRATION REQUIRED**

Divers MUST be comfortable in deep water

WHEN: Wednesdays, March 11th-May 20th, 2026

TIME: 4:15-5:00 PM

FEE: \$66 per session

AGES: 8+ years



Swim Lessons

Parks & Recreation is excited to bring swim lessons back to the community! This season features many new faces on deck, along with several returning instructors who are delighted to be back in the water with your children. As we all adjust to the updated program, we appreciate your patience and support while our team learns, grows, and gets back into the swim of things.

New Swimmer Evaluations: New Swimmer Evaluations will be offered on a first-come, first-served basis.

We look forward to meeting your swimmer and helping them find the perfect level!

Session 1 Evaluations:

February 14th 9am-12pm
February 17th-19th 4-5pm & 7:30-8pm

Session 2 Evaluations:

April 4th 12-1pm
April 6th-9th 4-5pm & 7:30-8pm

SWIM LESSONS

Registration Age Requirements:

Parent/guardian in water:

Parent & Tot - Ages 6 months-2 years old

Parent & Child - Ages 2-3 years old

Parent/guardian out of water:

Preschool 1-4 - Ages 3-5 years old

Learn-To-Swim Levels 1-6 - Ages 5-12 years old

Teen/Adult - Ages 13+ years old



*** Swimmers who are new to our program should attend a New Swimmer Evaluation prior to registering. ***

*** Continuing swimmers can find their current level in the notes section of their RecDesk account. ***

*** To ensure each swimmer is placed safely and appropriately, participants enrolled in an incorrect level will be withdrawn from the roster, and the standard refund/cancellation fee will be applied. ***

Spring Break Morning Lessons

Monday-Friday

Session:
1

When:
March 16th -20th

Registration Opens:
Friday, February 20th @ 6AM

Registration Closes:
Friday, March 13th @ NOON (12PM)

FEES: \$40 per session (5 classes)

Times:
9:00-9:35 AM
9:45-10:20 AM
10:30-11:05 AM
11:15-11:50 AM

Level Offered:
Teen/Adult
Preschool 1 & 2
Level 1
Preschool 1 & 2

Level Offered:
Preschool 3 AND Level 2
Level 1
Preschool 3 AND Level 2
Level 3 & 4

Level Offered:

Preschool 3 AND Level 2
Preschool 4 AND Level 3 & 4
Level 5 & 6

Saturday Morning Lessons

Session:
1

When:
March 21st -May 23rd

Registration Opens:
Friday, February 20th @ 6AM

Registration Closes:
Friday, March 20th @ NOON (12PM)

FEES: \$80 per session (10 classes)

Times:
9:00-9:35 AM
9:45-10:20 AM
10:30-11:05 AM
11:15-11:50 AM

Level Offered:
Level 3 & 4
Level 5 & 6
Preschool 1 & 2 AND Level 1
Preschool 3 AND Level 1 & 2

Level Offered:
Parent & Tot
Parent & Child
Preschool 3 AND Level 2
Preschool 4 AND Level 3

Level Offered:
--
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Level 3 & 4
Level 5 & 6



Monday / Wednesday Evening Lessons

Session:
1
2

When:
March 9th-April 8th
April 20th-May 20th

Registration Opens:
Friday, February 20th @ 6AM
Friday, April 10th @ 6AM

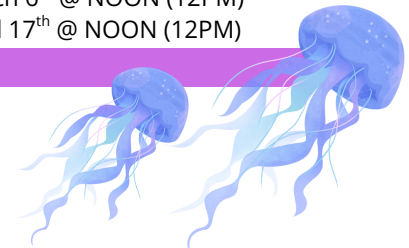
Registration Closes:
Friday, March 6th @ NOON (12PM)
Friday, April 17th @ NOON (12PM)

FEES: \$80 per session (10 classes)

Times:
5:15-5:50 PM
6:00-6:35 PM
6:45-7:20 PM
7:30-8:00 PM

Level Offered:
Preschool 1 & 2
Preschool 3 AND Level 2
Preschool 3 AND Level 2
Teen/Adult

Level Offered:
Level 1
Preschool 4 AND Level 3
Level 3 & 4
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Tuesday / Thursday Evening Lessons

Session:
1
2

When:
March 10th-April 9th
April 21st-May 21st

Registration Opens:
Friday, February 20th @ 6AM
Friday, April 10th @ 6AM

Registration Closes:
Friday, March 6th @ NOON (12PM)
Friday, April 17th @ NOON (12PM)

FEES: \$80 per session (10 classes)

Times:
5:15-5:50 PM
6:00-6:35 PM
6:45-7:20 PM

Level Offered:
Preschool 1 & 2
Preschool 3 AND Level 2
Level 3 & 4

Level Offered:
Level 1
Preschool 4 AND Level 3
Level 5 & 6



AQUATICS

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SAUNA	6:00 AM-8:00 PM	6:00 AM-8:00 PM	6:00 AM-8:00 PM	6:00 AM-8:00 PM	6:00 AM-8:00 PM	7:00 AM-4:30 PM	11:00 AM-4:30 PM
LAP SWIM/ FITNESS	6:00 AM-8:00 PM BOTH POOLS REDUCED LANES DURING KKW	6:00 AM-8:00 PM BOTH POOLS REDUCED LANES DURING KKW	6:00 AM-8:00 PM BOTH POOLS REDUCED LANES DURING KKW	6:00 AM-8:00 PM BOTH POOLS REDUCED LANES DURING KKW	6:00 AM-8:00 PM BOTH POOLS REDUCED LANES DURING KKW	7:00 AM-4:30 PM BOTH POOLS	11:00 AM-4:30 PM BOTH POOLS
KKW PRACTICES	3:30 PM-6:00 PM 4-6 LANES	3:30 PM-6:00 PM 4-6 LANES	3:30 PM-6:00 PM 4-6 LANES	3:30 PM-6:00 PM 4-6 LANES	2:30 PM-5:00 PM 4-6 LANES		
SENIOR/ THERAPY SWIM	8:00 AM-9:00 AM & 3:00 PM-4:00 PM BOTH POOLS	8:00 AM-9:00 AM & 3:00 PM-4:00 PM BOTH POOLS	8:00 AM-9:00 AM & 3:00 PM-4:00 PM BOTH POOLS	8:00 AM-9:00 AM & 3:00 PM-4:00 PM BOTH POOLS	8:00 AM-9:00 AM & 3:00 PM-4:00 PM BOTH POOLS		
SCHOOL LESSONS	9:30 AM-12:15 PM BOTH POOLS	9:30 AM-12:15 PM BOTH POOLS	9:30 AM-12:15 PM BOTH POOLS	9:30 AM-12:15 PM BOTH POOLS	9:30 AM-12:15 PM BOTH POOLS		
SCHOOL REC SWIMS	12:15 PM-2:30 PM BOTH POOLS	1:15 PM-2:30 PM BOTH POOLS	1:15 PM-2:30 PM BOTH POOLS	1:15 PM-2:30 PM BOTH POOLS	12:15 PM-2:30 PM BOTH POOLS		
TINY WAVES		12:15 PM-1:15 PM REC POOL ONLY		12:15 PM-1:15 PM REC POOL ONLY			
HOME SCHOOL REC SWIM			12:15 PM-1:15 PM REC POOL ONLY				
REC SWIM					6:00 PM-7:30 PM BOTH POOLS	1:15 PM-2:45 PM BOTH POOLS 3:00 PM-4:30 PM BOTH POOLS	1:15 PM-2:45 PM BOTH POOLS 3:00 PM-4:30 PM BOTH POOLS
SWIM LESSONS	4:00 PM-8:00 PM BOTH POOLS	4:00 PM-7:30 PM BOTH POOLS	4:00 PM-8:00 PM BOTH POOLS	4:00 PM-7:30 PM BOTH POOLS		9:00 AM-12:00 PM BOTH POOLS	

Notice to ALL Patrons Using The Gateway Aquatic Center

- No glass on the poolside, including deck, locker rooms, seating area, lobby and sauna.
- Please shower prior to entering the pool.
- Please limit time in the family locker rooms to 30 minutes or less.
- Swimwear & sauna attire must be appropriate for a family friendly aquatic environment (no cut-offs, see-through clothing, underwear or thong bikinis).
- Swimmers must be at least 48" tall to use the drop and twisty slides.
- Jewelry (including earrings), aqua shoes, swimwear with snaps, zippers or buttons are not allowed on the slides.
- Patrons using the competition pool must be at least 48" tall, 7 years old or be able to swim one (1) width of the competition pool using over arm crawl stroke with rhythmic breathing.
- Patrons using the recreation pool must be at least 6 years old or be able to swim one (1) length of the recreational pool using over arm crawl stroke with rhythmic breathing.
- Patrons not meeting these requirements MUST be accompanied into the pool and in the direct supervision (within arm's reach) of another person 14+ years old.

Ketchikan Killer Whales Swim Club



Please visit the KKW website at www.ketchikankillerwhales.com or find us on Facebook "Ketchikan Killer Whales Swim Club" to learn dates of future tryouts. You can contact KKW Membership directly at: kkw.bod.membership@gmail.com

Facility Closures and Schedule Changes:

Gateway Aquatic Center Schedule Changes:

Added No School Special Swim - 3/13 1:15-2:45 PM
 Added Spring Break Rec Swims - 3/16-3/20 1:15-2:45 PM
 March 27th - Easter Splash - No Rec Swim

Parks & Recreation Both Facility Closures:

April 5th - Easter Day - All Day
 May 25th - Memorial Day - All Day

RECREATION CENTER ACTIVITIES

Roller Skating

Ready, set, roll!

The Gateway Recreation Center invites you to an afternoon of roller skating fun for all ages - bring your friends, bring your family, and bring your best moves!

WHEN: Saturday's 3:00-4:30 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

St Patrick's Skate

Feeling lucky? Join us for a St. Patrick's Day Roller Skate for a fun filled afternoon of skating, smiles, and shamrock-style fun for friends and families of all ages.

WHEN: Tuesday, March 17th

TIME: 3-4:30 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

100 Max Participants



Bunny Hop Skate

Somebunny said it's time to skate!

Hop into a spring-themed roller skate with upbeat music, big smiles, and all-ages fun.

WHEN: Saturday, April 4th

TIME: 3-4:30 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

100 Max Participants

Roller Skate Lessons

Come learn the basics of roller skating in a safe, supportive environment! Skaters will build confidence while practicing balance, forward and backward movement, and how to safely stop and fall through a fun mix of drills and games. Knee, wrist, and elbow pads are required.

Instructor: Kirsten Baltz

WHEN: Saturday's March 14th-April 4th

TIME: 1:45-2:45 PM

FEE: \$36.00

AGE: 8+



Pickleball

WHEN: Monday - Friday 8:30-11:30 AM

Tuesdays 5:30-7:30 PM (**Beginning April**)

Sunday 11:00 AM-12:45 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or included with a membership

Soccer

WHEN: Saturdays 7:00-8:45 AM (**INTERMEDIATE ONLY**)

Wednesdays 5:30-7:30 PM (**Beginning April 8th**)

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

Volleyball

WHEN: Mondays 5:30-7:30 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

Full Court Basketball

WHEN: Sundays 11:00 AM-12:45 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

YOUTH EVENTS

Spring Break Camp

Stay active! Kids, come join your friends for this program of fun activities, crafts, gym games, and more! We provide all craft supplies and games with children in mind. You provide a cold lunch for your child, and we will supply a snack daily to keep everyone's energy high.

Attendance can be by the day or the week to best fit your needs. There will be Roller Skating on Tuesday, and Swimming on Thursday!

WHEN: 3/16-3/20, Mon-Fri

Registration will open: Monday, 3/2

TIMES: 8:00 AM-3:00 PM

FEE: \$130/entire week or \$35 per day

AGE: 5-10 years



All Registration through CampDoc:

<http://app.campdoc.com/register/ketchikan>



Babysitting Clinic

This 3 day course teaches a variety of useful information on how to care for and entertain small children. Learn what to do if a child is choking or injured. Get ideas for fun snacks and age appropriate crafts. You will take home Parks & Recreation's Babysitting Kit compiled from a variety of babysitting handbooks & kits.

Instructors/speakers will be from UAS nursing students, North Tongass Volunteer Fire Department and our own Staff.

WHEN: 4/14-4/16

WHERE: GRC Children's Room

TIME: 4:00-6:00 PM

FEE: \$40 (Kit included)

AGES: 10-16 years



Easter Egg Hunt

Parks & Recreation's Easter Bunny will be hiding Easter eggs all over City Park. Easter eggs are pre-filled with candy and toys. Bring your basket, bucket, or a bag to hold your stash of Easter eggs hidden throughout City Park. One raffle winner for each age group & one SPECIAL egg to be found!

Age Groups: 0-5 years old, 6-8 years old & 9-12 years old

PLEASE USE THE PARK AVENUE ENTRANCE!

WHEN: 4/3, Friday

WHERE: City Park

TIME: 5:30 PM

FEE: \$10 per participant (\$5 for additional children within the same household)

AGES: 0-12 years (Parents MUST accompany children under 6 years)

Hunt Schedule:

5:30-5:45pm -- Sign In @ City Park Entrance

5:45pm Easter Egg Hunt Begins, followed by the Easter Egg Hunt Raffles



Youth Events

Tot Gym

Jump, Play & Explore!

Bring your little ones to a fun-filled morning at the recreation center! Our Tot Gym is packed with riding toys designed for active toddlers.

bouncy house available on Thursdays only!

****No Tot gym Dec 22-Jan 2****

WHEN: March/April/May

TIME: Monday-Friday 9:00 AM-1:00 PM

FEE: \$5 per person, 10-Punch Passes \$40, or is included with a membership

This program is not supervised, guardian must be present



Children Room

The children's room is a fun, supervised room where little ones can play. An enchanting array of toys and activities awaits their eager participation, while their Parents and Guardians can work out.

WHEN: March/April/May

TIME: Monday-Friday 9:00 AM-1:00 PM

FEE: \$5 per person, 10-Punch Passes \$40, or is included with a membership

Parents/Guardians must stay in the building

Hours subject to change



St Patrick's Skate

WHEN: Tuesday, March 17th

TIME: 3-4:30 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

100 Max Participants



Bunny Hop Skate

WHEN: Saturday, April 4th

TIME: 3-4:30 PM

FEE: \$5 Youth/Senior or \$10 Adult, 10-Punch Passes \$40, or is included with a membership

100 Max Participants

Equipment Orientation

You are now able to access our equipment and cardio room orientation at the tip of your fingers!

It is accessible on our website:

<https://www.kgbak.us/Parks-Recreation>

14 & 15 Year old's: You are still required to take the orientation and pass a test in order to use the weight/cardio rooms without an adult. Now you can watch the orientation video at any time and then come to the Rec Center front desk to take your quiz when ready (must show ID). If you do not have access to the internet we would be happy to help set up a time for you to watch the orientation here.



Equipment Orientation

Kids ride the bus FREE to and from the Rec Center!

What ages ride for free? 17 year of age and under
How do drivers know that the child is riding for free?
Please just let them know you are going to the recreation center.



MARTIAL ARTS

Brazilian Jiu -Jitsu Class Location

NO CLASS: 5/25

Monday—Exercise Room A
Tuesday—Exercise Room A
Wednesday—Activity Room
Thursday—Exercise Room A
Friday—Exercise Room A
Saturday—Exercise Room A

Adults 18+ Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is a martial art and combat sport that focuses on grappling and especially ground fighting with the goal of gaining a dominant position and using joint-locks and chokeholds to force an opponent to submit. It promotes the principle that a smaller, weaker person using the appropriate amount of leverage and proper technique can successfully defend themselves against a bigger, stronger attacker. This class is for all levels of experience from beginner to advanced and is for male and female students 18+ — Jordan Tabb

WHEN: 3/2-5/30, Mon- Sat
TIME: Mon & Thur 6:00-7:30 PM, Tue/Wed/Fri 6:00-7:15 AM, Sat 10:00-11:30 AM (NO CLASS: 5/25)
FEE: \$180/Quarter or \$10/Drop-in **AGES:** 18+

Young Adult 13-17 Brazilian Jiu-Jitsu

Jiu-Jitsu for teens teaches self defense and competitive grappling skills, builds confidence and camaraderie. Students learn how to defend themselves against a bigger, stronger attacker without resorting to "deadly force." Our teen students also learn how to recognize risky situations, seek help when they are threatened, and confront bullying and other problems frequently experienced by middle and high school students. New students should contact the instructor. Class time 4:30 or 6:00 PM, depending on instructor placement. — Jordan Tabb

WHEN: 3/2-5/30, Mon- Sat
TIME: Mon & Thur 6:00-7:30 PM, Tue/Wed/Fri 6:00-7:15 AM, Sat 10:00-11:30 AM (NO CLASS: 5/25)
FEE: \$80/Quarter or \$10/Drop-in **AGES:** 13-17

Kids 5-9 & Kids 9-12 Brazilian Jiu-Jitsu

Youth learn self-defense skills, develop strength, improve their motor skills, and have fun! Jiu-Jitsu teaches that technique and practice can beat size and strength, which helps children feel confident and positive when life challenges them. — Jordan Tabb

Kids 5-9
WHEN: 3/2-5/28, Mon & Thurs (NO CLASS: 5/25) **TIME:** 5:15-6:00 pm
FEE: \$80/Quarter or \$10/Drop-in **AGE:** 5-9

Kids 9-12
WHEN: 3/2-5/28, Mon & Thurs (NO CLASS: 5/25) **TIME:** 4:30-5:15 PM
FEE: \$80/Quarter or \$10/Drop-in **AGES:** 9-12

*No discounts for Brazilian Jiu-Jitsu classes
 (annual pass, senior, or punch-pass however, scholarships are available)*

Self Defense

Learn practical jiu-jitsu skills for self defense in a safe and supportive environment. An excellent class for 13+ who have an interest in Jiu-Jitsu regardless of athletic ability or prior experience.
 — Jordan Tabb

WHEN: 3/7-5/30, Sat
TIME: 9:00-10:00 AM
WHERE: Exercise Room A
FEE: \$60/Quarter or \$10/Drop-in
AGES: 13+ years



Judo

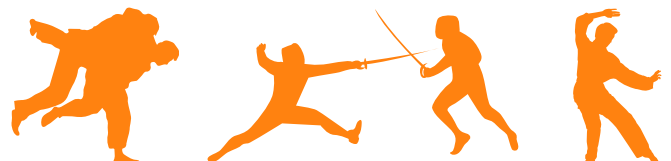
Judo is a martial art which evolved from jiu-jitsu in Japan at the end of the 1800's. Its techniques include throws, hold-downs chokes and arm-locks for submission purposes. It has been an Olympic sport since 1964. Whether you are looking for self-defense, fitness, focus, or fun, judo is a life sport that offers all of those things.
 — Certified Judo coaches: Godan Justin Breese & Sandan Becky King

Kids / Family Judo (all ability levels)

When: 3/3-5/26, Tues
TIME: 4:15-5:15 PM
 Yellow belts & above are invited to attend an additional advanced class on Fridays, 5:00-6:30 PM
WHERE: Exercise A
FEE: \$45/Quarterly or \$6/Drop-in
AGES: 5+

Adult Judo / Advanced

WHEN: 3/3-5/29, Tues & Fri
TIME: Tues 5:15-6:15 , & Fri 5:00-6:30
WHERE: Exercise A
FEE: \$45/Quarterly or \$6/Drop-in **AGES:** 13+



MARTIAL ARTS

Okinawan Karate-Do

Shorin-ryu Seibukan Karate is a traditional form of Okinawan Karate. Training focuses on basic techniques, conditioning, philosophy and kata. Training also places emphasis on etiquette and respect inside and outside the dojo. Bo, Sai and Tonfa training are also part of the class. It is our goal to preserve and pass on this traditional art to future generations. — Instructor Sensei Kathy Holcomb & Sempai Kana Mettler

YOUTH

WHEN: 3/3-5/28, Tues/Thurs

TIME: 5:30-6:30 PM

WHERE: Exercise Room B

FEE: \$85/Quarterly or \$6/Drop-in

AGES: 5-12

TEEN/ADULT

WHEN/TIME: 3/1-5/30, Tues/Thurs 6:30-8:30 PM

Sat 7:00-9:00 AM & Sun 12:00-2:00 PM

(NO CLASS: 4/5)

WHERE: Exercise Room B

FEE: \$130/Quarterly, or \$6/Drop-in

AGES: 13+

Tae Kwon Do

Tae Kwon Do is a Korean style karate class that is taught in graduated steps of preparatory exercises, self defense, offense, and conditions. This class concentrates on the use of the body in the method of self defense, in which it has gained the ultimate use of its facilities through intensive physical and mental training.

Youth & Parents

WHEN: 3/4-5/30, Wed & Sat

TIME: Wed 5:45-6:45 PM & Sat 9:00-10:00 AM

WHERE: Exercise Room B

FEE: \$55/Quarterly or \$6/Drop-in

AGES: 14+



Tai Chi

All levels are welcome in this class. Tai Chi is a Chinese system of physical exercises designed for the development of self discipline and well being. Tai Chi a way to learn breathing and movement. Using a martial art to learn energy and yoga techniques for balance and self defense. Make sure to wear loose, comfortable clothing to class.

— Tony Rowan

WHEN: 3/6-5/29, Fri

TIME: 4:30-5:30 PM

WHERE: Activity Room

FEE: \$66/Quarterly or \$10/Drop-in

AGES: 14+



Beginning Fencing

Welcome to Beginning Fencing. During this semester, you will be learning the only "western" martial art... Fencing. Like the oriental martial arts, there are a variety of styles and techniques. In this class, you'll be learning the Classical Italian style. Italian style fencing stresses form and bladework for both defense and offense. This style is difficult to learn, but when mastered is extremely effective in competition as well as being very "flashy" to watch. — Cameron Showalter

WHEN: 3/2-5/27, Mon/Wed

TIME: 5:30-7:00 PM

WHERE: Activity Room

FEE: \$95/Quarterly

AGE: 14+



GROUP FITNESS

Morning Step

Free up your evenings and get your cardio workout done before your brain talks your body out of it! Basic step moves are easily modified for all levels of fitness. Finish off with a short ab segment and final stretch to get your day started. — Su Curtis

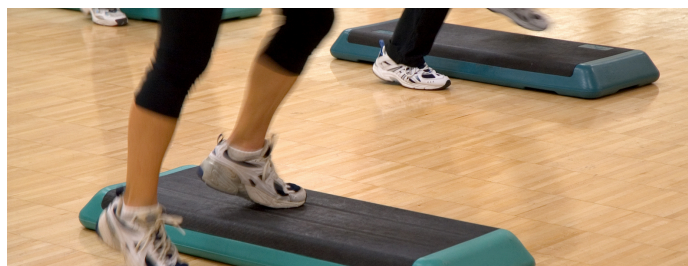
WHEN: 3/2-5/29, Mon/Wed/Fri

TIME: 6:15-7:00 AM (NO CLASS: 4/8, 4/10, 5/25 & 2 TBD)

WHERE: Exercise Room B

FEE: \$153/Quarter or \$10/Drop-in

AGE: 14+



Morning Pilates

Time to roll out of bed and onto a mat! Time to tone muscles, work on balance, and get a great morning stretch. This class is a little different each time, and modifications are shown for all fitness levels. — Su Curtis

WHEN: 3/3-5/28 Tues/Thurs

TIMES: 6:00-7:00 AM (NO CLASS: 4/9 & 2 TBD)

WHERE: Exercise Room B

FEE: \$138/Quarter or \$10/Drop-in

AGE: 14+

Evening Pilates

Lengthen and strengthen your muscles during this full-body workout that focuses on flowing movements. We use a variety of props to challenge you without stressing joints. — Su Curtis

WHEN: 3/2-5/28, Tues/Thurs

TIME: 4:30-5:30 PM (NO CLASS: 4/9 & 2 TBD)

WHERE: Exercise Room B

FEE: \$138/Quarter or \$10/Drop-in

AGE: 14+

pilates

Evening Step

Get in on the heart-pumping action of Step Aerobics. All that stepping up & down provides a challenge to your glutes, hamstrings, and quads. Class incorporates a weighted upper body workout, a basic abdominal segment, and a final, well-deserved stretch.

— Su Curtis

WHEN: 3/2-5/27, Mon/Wed

TIME: 4:30-5:30 PM (NO CLASS: 4/8, 5/25 & 2 TBD)

WHERE: Exercise Room B

FEE: \$132/Quarter or \$10/Drop-in

AGE: 14+



Aging with Grace Circuit Style

Designed for people that have those older needs of balance and strength that supports those aging weaknesses, but added to this class, a little dance and movement moments. Come join us for a revised class. — Nancy Tietje

WHEN: 3/2-5/29, Mon/Wed/Fri

TIME: 5:30-6:30 PM

(NO CLASS: 3/18, 4/15, 5/20, 5/25 & 3 TBD)

WHERE: Exercise Room A (Wed) Exercise Room B (Mon/Fri)

FEE: \$186/Quarter, or \$10/Drop-in

AGE: 14+



GROUP FITNESS

Better Bones & Better Balance (Level 5)

This continuation class builds on the routine from the intro course through levels prior, and is for individuals with osteoporosis, osteopenia, or those wanting to learn safe bodyweight and resistance training with impact activities. It focuses on strengthening bones and muscles, improving balance, reducing fall risk, and teaching proper form to enhance bone health while minimizing injury risk.

— Amanda Schuler

WHEN: 3/4-4/15, Wed

TIME: 9:30 AM-10:30 AM (NO CLASS: 3/18)

WHERE: Exercise Room A

FEE: \$210/session or \$40/class drop in

AGE: 35-100 *No Discounts—annual pass, senior, or punch-pass

Better Bones & Better Balance (Level 6)

This continuation class builds on the routine from the intro course through levels prior, and is for individuals with osteoporosis, osteopenia, or those wanting to learn safe bodyweight and resistance training with impact activities. It focuses on strengthening bones and muscles, improving balance, reducing fall risk, and teaching proper form to enhance bone health while minimizing injury risk.

— Amanda Schuler

WHEN: 4/22-5/27, Wed

TIME: 9:30 AM-10:30 AM **WHERE:** Exercise Room A

FEE: \$210/session or \$40/class drop in

AGE: 35-100 *No Discounts—annual pass, senior, or punch-pass

Art of Movement Mobility Class

Taught by Amanda Schuler, PT, DPT will blend physical therapy principles with dynamic exercises, teaching you to improve joint range of motion, control, and body awareness through yoga posture to reduce pain, enhance performance, and build functional strength, moving beyond simple flexibility to achieve smoother, injury-resistant movement for daily life and athletics. These sessions focus on understanding the body's mechanics, particularly spinal organization, to unlock full movement potential, often using self-tests and guided routines.

— Amanda Schuler

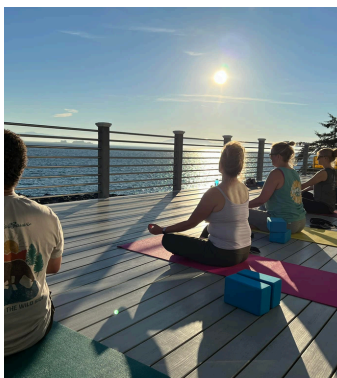
WHEN: 3/3-5/28, Tues/Thurs

TIME: 9:15-10:30 AM

WHERE: Exercise B

FEE: \$325/Quarter or \$15/Drop-in

AGE: 14+ *No Discounts—annual pass, senior, or punch-pass



Resistance Training Class - Level 2

Continuation from Intro level class. Prior level participation required. — Amanda Schuler

WHEN: 3/4-4/12, Wed

TIME: 11:00 AM-12:00 PM (NO CLASS: 3/18)

WHERE: Exercise Room A

FEE: \$210/session or \$40/class drop in

AGE: 35-100 *No Discounts—annual pass, senior, or punch-pass

Resistance Training Class - Level 3

Continuation from level 2. Prior levels participation required. — Amanda Schuler

WHEN: 4/22-5/27, Wed

TIME: 11:00 AM-12:00 PM **WHERE:** Exercise Room A

FEE: \$210/session or \$40/class drop in

AGE: 35-100 *No Discounts—annual pass, senior, or punch-pass

Resistance Training Class - Level 5/6

Continuation from level 3. Prior levels of participation required.

— Amanda Schuler

WHEN: 3/5-4/15, Thurs

TIME: 11:15 AM-12:15 PM (NO CLASS: 3/19)

WHERE: Exercise Room A

FEE: \$210/session or \$40/class drop in

AGE: 35-100 *No Discounts—annual pass, senior, or punch-pass

Resistance Training Class - LEVEL 6/7

Continuation from level 5/6. Prior levels of participation required.

— Amanda Schuler

WHEN: 4/23-5/28, Thurs

TIME: 11:15 AM-12:15 PM **WHERE:** Exercise Room A

FEE: \$210/session or \$40/class drop in

AGE: 35-100 *No Discounts—annual pass, senior, or punch-pass

GROUP FITNESS & SPECIAL FITNESS EVENTS



Personal Training

We currently have one contracted personal trainer. Coach Mike has trained here once before and is back to help you accomplish your goals. Anchor Fitness is built around smart, personalized training that fits real life.

No extreme programs, no one-size-fits-all plans—just thoughtful coaching designed around your goals and your specific needs.

Whether you're training virtually or in person, the focus is on building strength, confidence, and habits that last.

— Michael Swetnam

WHEN: Ongoing, duration depends on your program.

Anywhere from one session to 6 week duration.

TIME: Varies, during business hours

WHERE: GRC

FEE: Depends on your package

AGE: 14+

No Discounts—annual pass, senior, or punch-pass

Website: <https://turtle-sponge-87k6.squarespace.com/>



Zumba With Allyson

Join Allyson on Saturdays for a straight-up Zumba class with Salsa, Meringue, Cumbia, and Reggaeton rhythms and variations in a fun, heart-pumping, party-type atmosphere. From the young in body to the young at heart, we have room for all. All skill levels are welcome, just come in and move!

— Allyson Sebcioglu

WHEN: 3/7-5/30, Sat

TIME: 10:10-11:00 AM

(NO CLASS: 2 TBD)

WHERE: Exercise Room B

FEE: \$55/quarter or \$10/Drop-in **AGE:** 7-77



Limitless Fitness AM Circuit

Enjoy a morning workout to start your day off right with a fun workout group crushing goals together! This is a full-body workout that will explore circuits, AMRAPs, EMOMs, and full functional fitness, with a warm-up and cool-down.

Modifications will be given. Some fitness experience recommended. — Kalea Allen

WHEN: 3/2-5/20, Mon/Wed

TIME: 6:30-7:30 AM (NO CLASS: 3/16, 3/18, 3/25, 3/30, 4/20 & 2 TBD)

WHERE: Exercise Room B **FEE:** \$195/quarter or \$15/Drop-in

AGE: 14+ *No Discounts—annual pass, senior, or punch-pass*



You will have 6 weeks to:

Bike: 208 miles Swim: 4 miles Run: 52.4 miles

29th Annual Double Ironman Triathlon

This competition is challenging and exciting! Every year since the Gateway Recreation Center (GRC) has opened (1997) we have offered this event and every year the people of Ketchikan get involved and make it fun. Challenge yourself, your family, a friend, or your co-workers. There will only be one level but two divisions. You may compete Solo or in a Team (up to 4).

AWARDING MEDALS to First Place winners, Solo & Team for being the first to complete the double ironman triathlon.

Rules and tally slips will be available at the GRC front desk.

Drawstring tie bags to the first TWENTY (20) participants registered!

WHEN: 3/30-5/10, Starts 3/30 at 6:00 AM and ends 5/10 at 6 pm. All logs must be completed by the end date and time.

TIME: All hours of the day

WHERE: Anywhere

FEE: \$20

AGE: 14+

SPECIAL EVENTS

Puzzle Palooza - Spring Fling



Bring on the spring with some friendly brain-teasing fun! Gather your team of up to four and race against the clock—and other teams—to complete a 500-piece puzzle in just three hours, or less! Whether you're in it for the thrill of competition or simply to enjoy quality time with family and friends, this multi-age, family-friendly event is perfect for everyone.

Enjoy music, friendly, competitive company,, and a selection of small bites and beverages while you puzzle your way into the next season. Prizes await the fastest finishers—and plenty of fun is guaranteed for all!

WHEN: 5/9, Sat

TIME: 11:00-2:00 PM

FEE: \$5/person

AGES: Teams must include 2 members 16+, others can be any age to best include families

Sam Ramierz Memorial Bear Valley Scramble

In 2023, Sam came to us wanting to put together a pickleball scramble event. Unfortunately, he left us too soon before the event could take place. We continue this event in his honor. Come have a good time, share some laughs, and enjoy this event to celebrate him! Being a scramble, you do not need a preset partner. You will be randomly placed with different partners for each game. The tally of points is what will get you to the final rounds! Fun prizes to be awarded at the end. There will be snacks offered throughout the day for participants.

WHEN: 4/11, Sat

TIME: 9:30 AM-2:30 PM

WHERE: GRC Gyms

FEE: \$15 per person

AGE: High School & Adults



Beaded Bracelet: Spring Sensation

This bracelet includes a base made up of beaded squares, then decorated with larger beads and little mounds that are beaded. – Crafts with Nancy

WHEN: 3/8-3/22, Sun

TIME: 2:00-4:00 PM

WHERE: Art Room

FEE: \$36

AGE: 16+



Fix It Finish It

Need to finish a beading project? Need to fix some jewelry? Bring it in, and hopefully, we will be able to get it fixed or finished. – Crafts with Nancy

WHEN: 4/26, Sun

TIME: 2:00-5:00 PM

WHERE: Art Room

FEE: \$18

AGE: 16+

Law Enforcement Torch Run for Special Olympics Alaska

Flames of hope will ignite throughout Alaska as the 2026 Alaska Law Enforcement Torch Run and Pledge Drive takes place simultaneously in 16 communities across the state. The run starts at 10 a.m. on Saturday, May 16 when a cadre of law enforcement members lead the 5k run. It is expected to be the largest simultaneous multi-community running event held in Alaska this year, with a goal of raising \$150,000 for Special Olympics Alaska communities. All money raised in the community stays in the community to help with sports training and competition. Orchestrated by the Alaska Law Enforcement community, the Torch Run and Pledge Drive is open to both law enforcement officers and the general public.

WHEN: 5/16, Sat

TIME: Registration begins @ 9:15 AM

Race begins @ 10 AM

WHERE: Rotary Beach

FEE: \$40

